

“Elections remind us not only of the rights but the responsibilities of citizenship in a democracy” - Robert F. Kennedy

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# PARMA Observer

Serving the Tri-City Area of Parma, Parma Heights, & Seven Hills

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Volume 9 • Issue 10 • October, 2017

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## Parma Observer Is 8 Years Old

by Daniel P. McCarthy

Eight years publishing the thoughts and dreams of people in the Greater Parma Area has certainly been a unique pleasure and a learning experience as well. One thing that has certainly remained constant is the ever present need to find answers to a host of persistent issues that have been part of this area for as long as I can remember. Whether it is roads, business development, cultural resources, walkability, effective marketing, etc., these are challenges that are best faced when community partners work together in order to move in the right direction and meet with success. Regardless of outcomes in the past, these are times that demand new pragmatic approaches and fresh perspectives well suited for dealing with challenges and issues encountered by inner suburban areas like ours all over the nation. We are no different in that respect. Where we are different, happily, is in the category of safety. Parma was only recently named one of the top

100 Safest Cities in America, the only city in Ohio to make the list. Make no mistake about it- this was certainly no accident. This is a direct reflection of the excellent relationship that exists between Parma citizens and our Safety Forces. We want them to be effective, we give them the resources and support they need, and they in turn consistently deliver excellent service that has proven results and makes our city a safe place to live, work and raise a family. The same goes with Parma Heights and Seven Hills. As far as I'm concerned, that puts us way ahead of other communities when it comes to finding our way along the path of sustainability and prosperity in the 21st Century. Growth, opportunity and excitement will continue as long as we are willing to embrace ideas from as many community stakeholders as we possibly can when we are making decisions that affect the future of everyone. Can't lives on Won't Street- we've got to be willing to consider and try new solutions if we want to achieve

new results. In the words of AOL founder Steve Case when asked what he thought the Cleveland Area needed for positive growth, "They need to be more fearless and less risk averse". The crowd at the Annual Cleveland Foundation meeting burst into applause when he said that- I was there. People know it's true- our leaders need to recognize that if they want to be part of the future that matters.

Knowing that the Parma Observer has played even the slightest role in serving to increase the collective thought process of our community is truly an honor. In this era of conglomerated corporate media, independent media is the only place where average citizens can have their voices heard. Whenever we are contacted by people who just want to let us know that their lives were impacted in some way because of the Parma Observer, I am even more convinced that our 8 year effort has been well worth it, struggles and all, and the future is bright. Don't forget our wonderful advertisers,

every last one, and the great service they do, because only they have made it possible for we the people of the Greater Parma Area to enjoy a media source where we can share

our thoughts and dreams with each other in the pages of the Parma Observer.

## Fall Is In The Air In Parma Heights

by Rick Haase

We've just celebrated the first "official" day of fall. In this season of changing leaves and cooler temperatures, there is one local organization which helps hundreds of people each year -the Parma Heights Food Pantry.

They are continuing to work in conjunction with the Cleveland Foodbank to offer distributions of free produce in our community. The next such event is Saturday, October 7.

The free produce distribution happens in the parking lot behind Parma Heights City Hall beginning at 9 a.m. and continuing as long as supplies last. Those desiring the produce are asked to bring their own

bags. You do not have to be a Parma Heights resident to take advantage of the free produce.

### Pumpkin Painting

Here is something that is fun for not only the children, but for the whole family.

The Parma Heights Historical Society will host their second annual Pumpkin Painting event from 11:30 a.m. to 1:30 p.m. Saturday, October 21, 2017 at the Gazebo at Greenbrier Commons.

The event is open to children in Parma Heights ages 12 and younger and is free.

### Halloween

Trick-or-treating will take place from 6-8 p.m. Tuesday, October 31. Residents

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## The City Of Seven Hills Farmers' Market Continues To Grow

by Kathy Holland

The Seven Hills Farmers' Market is not just about locally grown, farm-fresh produce, delicious baked goods, meat, snacks, local honey, health and wellness items, flowers and plants. It is also a gathering place with a vibrant crowd of locals, live entertainment, and monthly special events.

In May 2010, the Farmers Market Coalition Board of Directors approved a definition of "farmers market" in an effort to clarify what is an authentic farmers market.

After much discussion, the FMC Board homed in on the following definition: A farmers market operates multiple times per year and is organized for the purpose of facilitating personal connections that create mutual benefits for local farmers, shoppers and communities. To fulfill that objective farmers markets define the term local, regularly communicate that definition to the public, and implement rules/guidelines of operation that ensure that the farmers market  
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## Parma's Citizen And Business Of The Month

Chelsey Kovar was chosen as Parma's Citizen of the Month. She is a Graduate of Parma Senior High and Tri-C, is very active in the Parma Early Childhood PTA. She is a homeowner in the city and owns her own business, All of Her Design Studio.



Mario's Barbershop, 7526 Broadview Rd., was chosen as Parma's Business of the Month. Owner Mario Innocenzi was recognized for his efforts first in 2016 after devastating fires in Gatlinburg, TN, as well as after the recent hurricanes Harvey and Irma, where he encouraged donations from the community that filled semitrailers with much needed supplies, then transported them to the disaster areas himself.

COMMUNITY NEWS

# The President’s Corner

by Sean Brennan

My wife and I chose to purchase our home and raise our family in Parma over a quarter-century ago because of its many assets. This month I am spotlighting one of those assets that, seems to me, is oft-underestimated. I suggest that this is due, in part, to the fact that many of us are there often and may take for granted its many vibrant activities, while others may have never entered the campus. That asset is Cuyahoga Community College’s Western Campus located at 11000 West Pleasant Valley Road adjacent to York Road.

Tri-C West opened in 1966 in what were the barracks of the Crile Veterans General Hospital. Replaced in 1975 with the current facility, which is really six interconnected buildings, it includes a beautiful central galleria, dining cafeteria, theater, gymnasium and auditorium, library, free wifi, and plenty of classrooms and quiet study nooks. Over the years I have found it to be a great place to get work done.



Sean Brennan,  
Parma City Council President

On occasion, I have the opportunity to speak to the President of Tri-C West, Dr. Donna Imhoff. What impresses me most is her philosophy of making sure the community is aware that Tri-C West is an open campus. That is, “You do not have to be a student here to visit,” Dr. Imhoff invitingly states. “In fact, many community members visit to walk, browse the library collection and take part in



Another of Parma’s jewels, Tri-C.

the other goings-on on campus,” she added. This piqued my interest due to my concern that the reconfiguration of the Shoppes at Parma (formerly Parmatown Mall) displaced many of our residents who liked to walk the mall. It is safe to say that Tri-West has more walking space than Parmatown did. Not to mention, it has many amenities, including plenty of free parking and restrooms, ADA accessibility, vending machines and a cafeteria to pick up a cup of coffee.

According to its website, “The Western Campus offers a rich mix of direct-to-job and transfer programs. Campus programming includes numerous health career programs, including a stellar radiography (x-ray) program. Students also benefit from industry-standard laboratories and learning environments such as the Advanced Automotive Technology Center and the Visual Communication center. For students who cannot attend daytime classes, the Western Campus offers an Evening/Weekend Associate Degree. Most recently, the Campus opened a regional Public Safety facility featuring both credit and non-credit classes and training for first responders.” They also have programs for senior citizens to take free or reduce cost courses, as well as recreation center classes for people of all ages. The school hosts over 12,000 students each school year.

As an avid runner, I find the Tri-C West campus one of my favorite places to get in an occasional jog, as it is a very safe space to exercise with a lot of sidewalks. They also host a disc-golf course where I often see community members and students enjoying. I also often spot families and dog walkers exploring the vast campus. Personally, I believe the view looking north from the lake in front of campus off of Pleasant Valley Road is one of Parma’s most stunning views during the day and night. The lovely fountain with the Cuyahoga Community College sign and building in the background are a sight I cannot get enough of. Further, on the east side of campus, there are three lakes each in the shape of the letter “C,” as well as veterans memorials and a newly installed 9-11 Memorial. I especially appreciate the poem on display by local celebrity Leon Bibb

written in homage to our Vietnam Veterans.

On your November 7 ballot, you will have the ability to vote on Issue 61 –the Cuyahoga Community College District Bond Issue. The issue is worded as follows: “Shall bonds be issued by the Cuyahoga Community College District for the purpose of paying the costs of acquiring, constructing, furnishing and equipping the capital facilities, or such other acquisition of sites, erection, furnishing and equipping of buildings, or acquisition, construction or improvement of property.” The 0.5 mill levy will cost the owner of a \$100,000 home about \$1.50 per month. With so much to offer Parma, including the fact that Tri-C West is one of Parma’s biggest taxpayers and employers, not to mention the jump start it has provided and continues to provide to so many residents from all walks on their next career, Issue

# Treat N Greet

by Kathryn Mabin

The much anticipated Polish Village’s Treat N Greet is scheduled for Saturday, October 28, 2017, from 11am to 2pm. This marks the seventh year for Treat N Greet. The children, all decked out in their costumes, accompanied by adults, walk Ridge Road, Trick-Or-Treating the participating businesses. Families are to go directly to Treat N Greet Headquarters, located at 5755 Ridge Road, and receive a Passport that lists the locations of the participating businesses. As each family goes to a business the Passport is stamped. When the passport is filled, or when the adults become exhausted, they return to the Headquarters and turn in the Passport. Depending on how many stamps they receive, they are given tickets to enter in a raffle for prizes, which consists of baskets of goodies, or gift certificates from local merchants.

The event is held during the day-

time, and it is a safe way for families to celebrate Halloween. The upside for the businesses is they receive foot traffic from people who may not normally shop their business. Many of the businesses also supplement the candy and gum they give out, with trinkets, or coupons, and other treats for both adults and children. Last year over 60,000 pieces of candy were passed out, and over 40 businesses participated.

The Ghost Busters frequently make an appearance, as does Sparky The Dog. Some shops also dress in costume for the day. All in all, it is a great way for families to herald the fall season in a safe, friendly environment, and it is a great way to celebrate the community with your friends, neighbors and shop keepers.

The event is free and open to the public. For more information follow Polish Village on Facebook.

# Parma Heights Announces Halloween Hours

by Rick Haase

Trick or treating in the city will take place on Tuesday, October 31, 2017.

Hours will be from 6-8 p.m.

Residents are asked to turn on their front porch light if they are participating in the distribution of candy for youngsters.

For more information, call Parma Heights City Hall at 440.884.9600, or visit [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov).



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HEALTH AND WELLNESS

UH's New Family Medicine Clinic Takes Appointments, Walk-Ins

by CJ Sheppard

Family medicine residents, supervised by longtime UH family practice physicians, are now accepting patients at their new clinic at University Hospitals Parma Medical Center.

Residents can care for all forms of acute care conditions, physical examinations, vaccinations and injuries like sprains and lacerations. They also perform osteopathic manipulative treatment for back and neck problems. The clinic takes walk-in patients and can serve as a family doctor's office with scheduled appointments.

"We see the complete range of medical situations, from babies to senior citizens," says Michael E. Saridakis, DO, Medical Director of the Residency Clinic. "A lot of patients really appreciate how thoroughly their medical chart is reviewed by the resident. We can be the regular physician, for patients of all

ages. This is essentially a training center for family doctors to learn the full spectrum of family practice."

Patients are seen first by the resident physician, who confers with the supervising physician, either Dr. Saridakis or Paul Bures, DO. The supervising physician may also see the patient. Treatment is delivered following efficient and thorough evaluation.

University Hospitals has the largest primary care network in northern Ohio. UH Parma Medical Center began its residency training program in family practice and internal medicine in 2015. Establishment of a residency clinic is a requirement of this program, and all residents will work in the clinic as part of their training.

"This Family Medicine Residency Clinic is in keeping with UH Parma Medical Center's mission to provide primary care services to our com-

munity," says UH Parma Medical Center Chief Medical Officer Christopher Loyke, DO, a senior member of UH's Loyke & Saridakis group and a longtime mentor and educator of medical students.

The Family Medicine Residency

Clinic, located at 6681 Ridge Road in Medical Arts Center 1 adjacent to the main hospital, is in Suite 205. The clinic is open Monday, Tuesday and Thursday from 8:30 a.m. – 4:30 p.m. and Wednesday 1 – 4:30 p.m. Call 440-743-8520 for an appointment.



Michael Saridakis, DO, supervises the Family Medicine Residency Clinic along with Michelle Amoroso, RN. They are pictured here with Drs. Charita Ray and Brad Jones, both second-year residents.

Walk-in Flu Clinics Held At UH Parma Health Education Center

by CJ Sheppard

University Hospitals Parma Medical Center is offering walk-in flu shots on the following dates/times:

- Monday, October 2, 9, 16, 23;
- Saturday, October 14 from 9 a.m. – 12 p.m.
- Monday, November 6 from 9 a.m. – 2 p.m.
- Wednesday, November 15 from 5 – 7 p.m.

For flu shots, UH Parma accepts Medicare, Aetna, Humana and Anthem Advantage health plans.

Remember, the flu shot is updated each year, so it is critical to receive a new vaccination each autumn.

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A simple, noninvasive screening called coronary artery calcium scoring can help determine your risk for heart attack. University Hospitals is pleased to be the only health system in Ohio offering this test to our patients at no cost.

This X-ray test only takes 5 to 10 minutes to complete, and measures the amount of calcium that has accumulated in the walls of the coronary arteries. The resulting score can help inform your prevention or treatment plan.

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OBSERVER

# Young Professionals Of Parma Celebrates One Year

by Jackie Baraona

Many people know that I'm one of Parma's biggest cheerleaders, but a lot might not know that wasn't always the case. I actually used to have a bad impression of Parma. I grew up in Independence, and when it came time to get my own place, like many young people I looked no farther than Lakewood. Cities like Lakewood and Tremont are known around Cleveland for being vibrant, popular places to live. Parma, unfortunately, doesn't have this reputation (yet!). So when I got married and moved into my husband's home in Parma, I was less than thrilled. I liked to say I was dragged there "kicking and screaming" from Lakewood.

But after a couple years of living in Parma, I actually started to really like it. The quick easy commute downtown, central location, safety, affordability, and local small businesses were all things I grew to love and felt made Parma an ideal place for young professionals (YPs) to live. Eventually I found myself wanting to do whatever I could to help share how great Parma is with the rest of Cleveland. I also felt that even though I loved Parma, there were still things that could be improved. I wanted to see what I could do to make a difference and help strengthen the city.

I decided the best first step would be to see if there were any other like-minded Parmidians who would want to come together and try to make a difference with me. I was also seeing young people all over town at the grocery store or walking down the street with their dogs or strollers. But, I didn't know how I could connect with these people. That's when I decided to take the jump and start a young professionals group. I had experience with other

YP groups such as Engage Cleveland, and I knew how beneficial they could be not only to the YPs themselves but to the community as a whole.

Initially, I was worried that no one would show up, but the first event in at The Venue Bistro and Wine Bar drew 12 eager Parma-area YPs. And thus Young Professionals of Parma was born. It wasn't until after forming the group that I discovered my favorite thing about Parma of all: the people. Parma has some of the most down-to-earth, kind, community-minded people I've ever met. Not to mention we have a really cool mayor!

It wasn't long after forming the group that I found other YPs who were just as excited as me who wanted to help grow the group and further our movement. The newly founded "leadership team" and I began meeting monthly. We developed our mission statement that is the basis of everything we do: "Strengthening the community of Parma through networking, activism, and local pride." Our first year was all about providing opportunities in which we could meet new people and build the critical mass. I never would have imagined that after only a year we would have more than 200 individuals attending our events and more than 300 people on our e-mail list. We had 16 social events, relaunched the City of Parma Holiday Lights Contest, hosted the inaugural craft beer and wine booth at the Rib 'N Rock, and developed a strong presence on social media. Additionally, we fostered community pride by encouraging people to ask themselves what they love about Parma and by working with local businesses to produce Parma stickers and apparel.

After a year of starting conversa-

tions, making contacts, and building momentum, we feel the next best step for our group is to incorporate more service opportunities. Although our group has been making a difference in indirect ways by bringing the community together, spotlighting local businesses, and helping to increase the quality of life for young professionals in our area, we are looking forward to being able to perform acts of service in more straightforward ways. We have begun a conversation about how our small group can make a difference. Some ideas include painting a building at Stearns farm, working with students at PCSD, doing a project at the Watershed Stewardship Center, or doing landscaping work around town to beautify our city. Our plan for this upcoming year also involves assembling four committees: Business Engagement, Volunteerism/Philanthropy, Political Advocacy/Community Development, and of course Social/Events.

In addition, we are in a research phase to see how we can make our organization more like a community development corporation (CDC), a nonprofit organizations that exists to provide programs, offer services and engage in other activities that promote and support the development of a city or neighborhood. Some examples include Old Brooklyn CDC, Lakewood Alive, Shaker Heights Development Corporation, and smaller groups like Parma's Polish Village Association. We have spent a lot of time researching these type of organizations and meeting with people to learn more. Our long-term vision is vast and includes ideas like putting together major professional marketing and video campaigns that reach all of Cleveland, installing and planting trees to line roads, creating initiatives to attract

new small businesses to Parma, building an online community hub or visitor website for the Parma area, and hosting major community-wide events, street festivals, and more.

Currently, our long-term goals may be far reaching, but with many hands (and minds), we can make light work. We are hopeful and positive about what's to come. The number of people who have gotten involved with us this past year is a testament not only to the commitment to our group, but to Parma as a whole. Our group is still in our infancy, and we still have a long way to go to get where we want to be, so we need a lot of help to make some of the goals a reality. We need people to help us. So send us ideas, or shoot us a message if you're interested in helping out. Interested individuals can send us a message on our website or our social media or approach one of our leadership team members at a future event. We also have a small engagement survey that you can fill out at this link.

Or just help us being a Parma ambassador and sharing positive Parma vibes on social media, telling people about our group and events and why Parma's such a great place to live. Be engaged and informed by keeping up to date and participating in what the city is doing.

My hope is that the efforts we've made this past year and we continue to make in the future will lead young professionals who are looking for a place to live and consider Parma an option.

Be sure to visit ParmaYPs.com, Facebook.com/ParmaYPs, and Twitter.com/YPParma to keep up with the latest Parma YPs news, opportunities, and events.

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### THE PARMA AREA YOUTH INITIATIVE

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### Show Kids You Care: Learn What They Have to Teach.

Asset Corner #94

by Gene Lovasy

October’s Asset Category: SUPPORT Many studies over the years confirm that caring, supportive relationships with adults are critical for raising young people who are healthy and resilient. Support means freely giving young people love, affirmation, and acceptance; surrounding young people with caring families, guardians, friends, teachers, neighbors, and other adults; and helping young people know they belong, are not alone, and are both loved and lovable. This column’s focus will be on.....Asset #5 – Caring School Climate

Every place has a climate, even a classroom

The way young people feel about going to school and how well they learn is directly tied to what kind of “climate” their school has. If a school feels “warm” in a caring way, it’s easier for students to learn. But if safety at school is a problem or relationships between students and teachers are tense, it’s more difficult for everyone to focus on learning. A healthy climate enables students, teachers, staff, and parents to all take pride in their school.

**Here are the facts**

Research shows that young people who go to school where the environment feels caring and encouraging get better grades, have healthier relationships, get into less trouble, and are interested in and better able to reach their dreams. Only 29 percent of

young people say their school provides a caring, encouraging environment, according to Search Institute surveys. Maybe we can’t stop the rain, lower the humidity, or make it snow, but we do have the power to change the climate at our schools.

**Tips for building this asset**

Young people come in contact with a lot of different adults during the day. One person’s attitude—good or bad—can significantly impact how students feel about themselves and interact with others at school. For young people, the day may start with a greeting from the bus driver. When school secretaries, counselors, teachers, coaches, custodians, parent volunteers, and others take

time to relate to young people in a positive, caring, and supportive way, school is a great place to be.

**Also try this**

In your home and family: Talk with your child about the “feel” of his or her school. Advocate through the PTA or school leadership for caring relationships, as well as high academic expectations. Both are important!

In your neighborhood and community: Volunteer at your local school. If students or faculty express negative or ambivalent mindsets, ask them why. Do your part to improve the climate by keeping a positive, sunny attitude.

In your school or youth program: On the board or on a large piece of paper, sketch a map of your school. Have students or participants mark the places where the climate feels warm and caring. Brainstorm ways to move a “warm front” into “cold” places.

Visit [www.parmacityschools.org/character](http://www.parmacityschools.org/character), [www.search-institute.org/assets](http://www.search-institute.org/assets) for more information about the 40 Developmental Assets and ideas for helping young people build them. Or go here <http://www.parentfurther.com/> for great asset-based parenting tips, tricks, activities and ideas.

The City Of Seven Hills Farmers' Market Continues To Grow

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ket consists principally of farms selling directly to the public products that the farms have produced.

The Seven Hills Farmers’ Market is a producers-only market; products sold at market must be grown, raised, or produced by the business selling the products. Prepared food vendors are encouraged to source as many ingredients locally as possible. The Seven Hills Farmers’ Market provides another outlet for economic opportunity to our local farmers and food producers, and provides a convenient alternative for consumers who wish to access seasonal, locally-grown, fresh foods.

Shopping at the Seven Hills Farmers’ Market is a great way to purchase foods and other items for you and your family. Freshly picked, in season produce is at its peak in flavor and nutrition, and are full of antioxidants and nutrients. Other benefits of shopping at the Market include; supporting your local farmers and small businesses which strengthens our community. It’s a great way to get your kids involved in learning about food by purchasing something new to try. The Market is a place to catch up with friends and neighbors while stocking up on local

goods. Preparing your purchases from the Market helps you to reconnect with the cycles of nature in our North East Ohio region. As you look forward to asparagus in spring, sweet corn and tomatoes in summer, and apples and squash in autumn, you reconnect with the earth, and the changing of the seasons. Wouldn’t you rather like to take a few minutes to stroll amidst outdoor stalls of fresh produce on a beautiful day, sit and listen to music and enjoy a handful of kettle corn? Coming to the Market makes shopping a pleasure rather than a chore.

The Seven Hills Farmers’ Market is a community hub—a place to meet up with your friends, bring your children, and get a taste of small-town life in the middle of our wonderful City of Seven Hills.

For 2018 the Market will be open on Thursdays from June 28 – September 27, at the corner of Hillside Road and Broadview Road, 4:00- 7:00 PM. The Market has a rest room and free parking in the adjacent Fire Station lot. Special events throughout the season will include musical entertainment, wine tasting, and food trucks. The Seven Hills Farmers' Market is generously sponsored by Taleris Credit Union, Inc.

# MYCOM

by Jean Micklewright

MyCom Youth Council Proudly Presents MyCom Moves!

Parma Pop-Up! Join us for FREE Yoga and Zumba provided by Soza Fitness!

- Tuesday, October 3, 2017, 6:00 – 7:00pm Anthony Zielinski Park Pavilion (near Splash Pad area), 7620 Ridgewood Drive, Parma 44129

This community event is for all ages! Please bring a yoga mat or blanket. Rain or Shine (cancelled if severe weather)

In partnership with Soza Fitness, MyCom and The City of Parma

**MyCom Quarterly Meeting**

LOGOS Family Night – All are

Welcome! October 18, 2017 at 5:30 pm. Open to the Whole Community! Featuring a FREE meal, a presentation on the MyCom Youth Initiative and an OhioGuidestone speaker on the topic of Social Media,

Bring Family and Friends!

Ridgewood United Methodist Church

6330 Ridge Rd. Parma, Oh 44129

Contact the church to make reservations:

440-885-1360 or [church@rumc-parma.com](mailto:church@rumc-parma.com)

In partnership with MyCom, Starting Point and OhioGuidestone

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This message was supported by grant number 2016-VOCA-23487901 awarded by the Office for Victims of Crime, Office of Justice Programs, through the Ohio Attorney General's Office. Victims of federal crimes will be served.

AREA WIDE EVENTS



American Legion Ohio Post 572 Commander Tony Kessler, left, US Congressman District 16 Jim Renacci, right.

First Responders  
Honored In September

by Daniel P. McCarthy

On September 16 American Legion Ohio Post 572 presented the 2nd Annual First Responders Appreciation Night “Heroes Honoring Heroes” held at the Holiday Inn Ballroom in Independence. Event organizer Tony Kessler, Commander of American Legion Ohio Post 572, stated that what had originally been a plan to honor a few First Responders ultimately grew into an event to honor all of our First Responders. The event featured a wonderful dinner along with entertainment by “Rick and the Cutting Edge”, Honor Guards from American Legion Post 572, Parma Police and Parma Fire, and the Cleveland Fire Pipers. The special Guest for the night was American Legion Department of Ohio Commander Stanley A. Pleasant, and the Keynote Speaker was U.S. Congressman Jim Renacci from the 16th District. Hostesses included Miss Greater Cleveland Madeline Carter, Miss Northern

Ohio Stephanie Shoop, and Pure International Young Miss America, Hailey. Even the newest member of the Parma Police K-9 Unit, Officer Max was there to celebrate, along with his human partner Patrolman Jason Campana.

The awards ceremony, the main focus of the evening, featured an award for Police Officer of the Year to Robert Beverage, Citizen of the Year for Andrea Delfs, the nurse who rendered first aid to injured motorists and saved the life a toddler in the process, and Business of the Year to Mission BBQ. It was very inspiring to see that just in our own community there are so many individuals who go to work each day never knowing what dangers and challenges they may face and so often commit heroic acts as the matter of routine as they carry out their duty. The Public is well served by these fine citizens, and we owe a debt of gratitude to American Legion Ohio Post 572 for making sure that they are recognized and thanked for all they do.

Wing Ding Fundraiser-  
Sponsored By KOFC Council #15614

by Ronald Czarnecki

Wing Ding Fundraiser-Sponsored by KofC Council #15614. October 28th from 6 pm to 9 pm. \$25 per ticket provides you beer, wine, bottom shelf alcohol- All you can eat wings, pasta, stir-fry, hot dog buffet & french fries with Side Boards, 50/50 and Raffle baskets. The annual event benefits community charities such as Camp Cheerful, Holy family Hospice.

Held at: Bleachers Sports Grill  
6855 Ridge Road, Parma. Contact



Jim Gresko at jim5751@yahoo.com for advance tickets or purchase at St Anthony of Padua after masses Oct 21 & 22. Check out our video at <https://www.facebook.com/KofC15614/>

Run For A Reason: Tri-C's Autumn Blaze 5K

by John Horton

Dash through the fall colors while doing some good this October during the third annual Autumn Blaze 5K or new mile fun walk at the Western Campus of Cuyahoga Community College (Tri-C). Proceeds from the run/walk will be divided evenly between Greater Cleveland Community Shares, the United Negro College Fund and United Way of Greater Cleveland. Tri-C launched the event in 2015 as part of its annual giving campaign to benefit the community. Last year's race raised \$10,000 for the nonprofit agencies. This year's goal is \$12,000.

The Autumn Blaze 5K and mile fun walk begin at 9 a.m. Sunday, Oct. 15, at Tri-C's Western Campus in Parma. Set a personal-best time on the fast and flat course that winds through the campus grounds at 11000 Pleasant Valley Road. Online registration is available at [www.hermescleveland.com](http://www.hermescleveland.com) through 9 a.m. Friday, Oct. 13.

Pre-registration is \$20 for community members or \$15 for Tri-C students. All pre-registered runners and walkers will receive a T-shirt. On-site registration also will be available the day of the run and walk beginning at 8 a.m., with the cost being \$25 for community members or \$20 for Tri-C students. T-shirts for day-of registrants will be available as quantities allow.

Awards in the 5K will be given to the top three overall male and female runners and the top three finishers in the following age groups: 11 and younger; 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; and 65 and older.

Post-race refreshments and entertainment will be offered at the finish line, which more than 300 runners and walkers crossed at last year's race.

For more information, contact Tri-C Media Relations Manager John Horton at 216-987-4281 or [john.horton@tri-c.edu](mailto:john.horton@tri-c.edu).

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# OUR CITIES MATTER

# Greenspace For Health

*by Irene D Toth*

It has been known for years that spending time in a natural setting is beneficial for your physical and mental health. But in the past few decades the research has been mounting to prove that access to greenspace is very beneficial. Dr. Kathleen Wolff of Cleveland's Natural History Museum stated, "A growing body of research shows the mental and physical benefit of greenspaces including reduced stress and depression, better immunity, and

improved work performance." [www.  
GreenCities:GoodHealth](http://www.GreenCities:GoodHealth)

At the European Centre for Environment and Human Health at the University of Exeter, UK, the data from a massive, representative sample of the UK population, about 40,000 households, revealed that these good effects are also more lasting than other benefits that improve a person's well-being such as increased income, job promotion, or other good experiences.

Greenspaces provide a peaceful

place to play, relax, study, or exercise according to the Partnerships for Environmental Public Health. They also contribute to improved air quality and reduction of harmful greenhouse gases. Also the Partnerships for Environmental Public Health noted that recent studies have shown that higher levels of green vegetation are associated with decreased mortality and that neighborhood greenery decreases aggressive behavior in adolescents.

The various studies have shown that experiencing time in nature lowers blood pressure, reduces muscle tension related to stress, improves attention, and reduces feelings of fear and anger or aggression. Researches also found that Attention Deficit Disorder symptoms in children are relieved after contact with nature.

In a pilot study, breast cancer survivors who had problems with memory and attention were treated with memory and adaptation training [MAAT] and showed marked improvement in their scores on neurological tests. More important, they reported better cognitive abilities and quality of life as reported in the journal *Cancer Nursing*. MAAT is a structured program of "natural intervention" spending two hours a week, watching birds or trees. They were also instructed to give their full attention to their surroundings.

We are fortunate to have the Cleveland Metroparks West Creek Reservation in such close proximity. There are trails for walking or biking or you can sit in the lounge and observe the



many species of birds that come to the feeders. It is a serene atmosphere that provides all the benefits listed above.

We at West Creek Conservancy hope you will enjoy the beauty of West Creek Reservation. We are the non-profit group who saved the greenspace that became West Creek Reservation. This year we are celebrating our twentieth anniversary. Our mission is to enrich the lives of people in Greater Cleveland by conserving natural habitat, restoring the ecological value and sustainability of urban lands, and expanding neighborhood opportunities to experience nature. For more information about West Creek Conservancy and its projects, please call 216-74-(3)720 or check online at [www.westcreek.org](http://www.westcreek.org).

In all our twenty years we have been fortunate to have dedicated and hard-working members, staff, and board members. We invite you to join us in the stewardship of our lands by becoming a member. West Creek Conservancy is a nonprofit 501c3 organization. Donations to West Creek Conservancy are tax deductible.



*On September 24 Parma Ward 9 Councilman Jeffrey Crossman and Ward 4 Councilwoman Kristin Saban held their first joint picnic at the pavilion at Westcreek Reservation. there was a fantastic turnout, and although the calendar said late September, the weather was more like mid-July. Why aren't the other 7 wards in Parma holding events like this one?*



PARMA ART SCENE

Parma Art News

by Kathryn Mabin

Get a jump start on your holiday shopping at the Fall Into Art Arts/Craft Show at the Smallwood Center, located at 7001 W. Ridgewood Drive, on Saturday, October 21st, 10am to 4pm. This show is sponsored by the Parma Area Fine Arts Council, net proceeds go towards arts programming in 2018. All items are handmade and provide you with the opportunity to purchase unique one of a kind items. Free admission, open to the public, and refreshments will be available. Space is still available for vendors of handmade items. If interested visit [www.parmafinearts.org](http://www.parmafinearts.org) to download an application.

Parma Area Fine Arts Council is accepting students for Wednesday's Art Exploration taught by Sean Mabin,

4:30pm to 6:30pm for youth, ages 7 to 17, Acrylic & Mixed Media with Michelle Behal, and Watercolor with Emery Bogardy for adults, Wednesday 7pm to 9pm. Classes are held at the Smallwood Center, 7001 W Ridgewood Dr. Beginners are welcome! Cost is \$8 to \$10 for 2 hours of instruction. Class size is limited to offer individualized attention. Call 440-888-4514 or stop in to preview the class.

St Elizabeth of Hungary Catholic Church, located on Buckeye Rd. in Cleveland is the oldest Hungarian Church in North America. They are celebrating their 125th anniversary on Sunday, October 15th. The celebration will feature an art exhibition of the works of Hungarian artist Emery Bogardy. He is also the watercolor instructor for Parma Area Fine Arts Council.

Pippin To Open At Cassidy Theatre October 6

by Rick Haase

The Cassidy Theatre will present the musical Pippin, October 6-22, 2017, based upon the book by Roger O. Hirson, with music and lyrics by Stephen Schwartz.

Ian Atwood will direct the production with musical direction by Heidi Herczeg and choreography by Jen Justice.

Pippin is the story of a young prince, heir to the throne, who is searching for his own "corner of the sky." Pippin is in search of the secret to true happiness and a fulfilling purpose in life. It is a story about growing up, and at the same time, a dark tale of the dangers of false appearances and empty promises.



Henry Foraker, left, as Pippin, and Gabbi Capello as Leading Player. Both are featured in the Cassidy Theatre production of Pippin, which runs October 6-22 at the Cassidy Theatre in Parma Heights. Foraker is a resident of North Olmsted, while Capello lives in Lakewood.

John Allender Returns

by Dale Powell

John Allender is a friend of us all. He is a Graduate of Valley Forge High School Class of 1989. He wrote for the Parma Observer and even snapped the iconic front page photo through the fence of the movie set in Parma when a scene from the Avengers was filmed in 2011. John is also a well known and admired Blues guitar player with his own band, the John Allender Band, continued on page 13



John Allender Parma, Ohio 2011

**Cast members include:**  
Leading Player - Gabbi Capello  
Pippin - Henry Foraker  
Charles - Steve Brown  
Lewis - Raymond Sims  
Fastrada - Sarah Durham  
Berthe - Jackie Cassara  
Catherine - Becca Ciamacco  
Theo - Willie Rose  
Players - Kierstan Conway, Jackie DiFrangia, Caralyn Doerge, Jen Justice, Connie Krebs, Kevin Meyers, Jacob Schaffer

**Performances will be at 8 p.m. Fridays and Saturdays with a 3 p.m. Matinee on Sundays.**

Tickets are \$20 for adults, and \$15 for students and senior citizens.

The mission of the Cassidy Theatre is to enrich the multicultural life of the Greater Cleveland area by providing a diverse theater arts program that entertains, informs and educates.

The Cassidy Theatre is supported in part by the residents of Cuyahoga

County through a grant from Cuyahoga Arts & Culture.

For more information or reservations, call 440.842.4600. You can also purchase tickets online at [www.cassidytheatre.org](http://www.cassidytheatre.org)

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# PERSPECTIVE

## Ultimately The Character Of The Person Determines The President's Success

by Lee Kamps

Last year during the campaign, someone asked me what Donald Trump has done to me to cause me to oppose him so much. My answer was very simple. While he never did anything to me, I believe that his character makes him grossly unfit to be President and that he represents the worst elements of this country.

I read Donald Trump's book *The Art of the Deal* nearly thirty years ago when it came out. His "art of the deal" is where he wins and the other person loses. His "art of the deal" as well as his career has been built on

bluff, bluster, bribery, bovine feces and intimidation. More than forty years in outside sales have taught me that the best "deals" are "win-win" where both sides get some of what they want. Someone I know who works in New York real estate told me that Donald Trump has a very poor reputation. He said that he is known as the most dishonest, unethical and corrupt real estate person in New York and banks there would not lend money to him.

Since I was asked that question more than a year ago, nothing has happened that would make me

change my mind. In fact what has transpired has only reinforced my belief that Donald Trump is just a very bad person.

In 1973, Trump's business settled a charge that it was illegally discriminating against African Americans in refusing to rent to them. Trump called the charges bogus, yet he settled and paid a fine. So it should not come as any surprise that as President, Donald Trump has the support of the Ku Klux Klan and other assorted hate groups. His weak statement following the violence at Charlottesville Virginia last month is evidence of his bigotry.

Throughout his campaign last year Donald Trump castigated immigrants and assumed that all Mexican immigrants in the United States were here illegally and that illegal immigrants are using welfare and committing crimes. But statistics debunk those statements. But that doesn't stop Donald Trump from repeating the same lies over and over again. In fact the independent fact checking site Politifact rated more than 60% of Trump's campaign statements as false, mostly false or "pants on fire". its worst rating.

In addition he is the first major party candidate for President since Watergate who has failed to make public his income tax returns or turn his personal assets and business over

to a blind trust while he is serving as President. So it comes as no surprise to me that there are allegations that he is profiting from being President and of potential conflicts of interest between his office as President and his business.

His action in suspending and ending DACA; the program protecting "Dreamers", children brought to the United States illegally by their parents, from deportation supports his racism and bigotry. This action has been universally condemned by all but the extreme right wing.

Donald Trump believes that a man's worth and character are measured by how much money he has accumulated. He believes that wealth gives one special privilege. He regards those not as fortunate as him as "losers" or "failures" and calls news and opinions that he disagrees with "fake news" and the media as "failing".

But such obvious character flaws will undermine his presidency and in the end, it may lead to his impeachment or resignation. History will come to judge Donald Trump's presidency as one of the worst in our country's history. Already he has alienated key Republicans. Mark my words, he won't as President last until next fall.

## An Open Letter To Lee Kamps

by Corbin Luna

Dear Mister Kamps:

In your last piece, you cherry-picked a few incomparable excerpts from the speeches given by Lyndon Johnson and Donald Trump at the 1964 and 2017 Boy Scout Jamborees then compared them to conclude that "...our current President couldn't hold a candle to LBJ."

The excerpts you chose from LBJ's speech were examples he used of the "American idea" to lead-in to his asking for political support when he said:

"As a result, in America we have a Government which exists to protect the freedom and enlarge the opportunities of every citizen. That Government is not to be feared or to be attacked."

He went on to say the "Government in Washington must often seem far away, must often seem very difficult to understand" and he asked for understanding.

To understand Johnson's speech, you have to understand the context. In 1964 this country was as divided as it is today. Just prior to Johnson's speech he had signed the Civil Rights Act and the Vietnam protests had started. When he said the Government exists to "protect the freedom and enlarge the opportunities of every citizen" he was justifying the Civil Rights Act which he worked with Republicans to pass in spite of the objections from Democrats. When he said, "That Government is not to be feared or to be attacked" he was asking for an end to the civil rights violence and Vietnam protests.

From Trump's speech you used excerpts in which he used his election victory as an example of doing the impossible. That was a lead-in to his charging the Boy Scouts to attempt the impossible. He said:

"Your lives will have meaning, and purpose and joy. You will become leaders, and you will inspire others to achieve the dreams they once thought were totally impossible. Things that you said could never, ever happen are already happening for you. And if you do these things, and if you refuse to give in to doubt or to fear, then you will help to make America great again, you will be proud of yourself, be proud of the uniform you wear, and be proud of

the country you love."

I doubt that anyone will ever accuse Trump of being a great orator. But if you look at what was said, not how it was said, the speeches summarize as: LBJ used the "American idea" to ask for political support; Trump used his election and administration to inspire the Boy Scouts to attempt the impossible. So when the radical left accuses Trump of breaking with tradition and interjecting political rhetoric into his Boy Scout speech, it is no more than the usual spin, innuendo, half-truths and lies.

Following your false conclusion, you asked "...what would those Boy Scouts of 2017 remember from their President fifty years from now?" They will remember the part I quoted. In fact, after he said it they wildly applauded and began chanting, "USA! USA! USA!" And what did the scouts remember of Johnson's speech? Apparently nothing. In your piece you said you were in attendance for Johnson's speech and the only thing you remembered about it was an airplane flying overhead.

Since I answered your question, perhaps you'll answer one for me. I suspect you know the excerpts you chose were out of context and not comparable. Your real objective was to smear Trump even though just prior to the election, when you believed that Clinton was going to win, you wrote a piece in which you said we are all Americans and we needed to get behind the new administration. Then Trump won and you've done just the opposite ever since. There's a word for that. And there's also a word for the tactics you use: McCarthyism.

The McCarthy hearings were a low point in the history of this country. He ruined a lot of peoples' lives with his smear campaign. The end for McCarthy came quickly after his famous exchange with Joseph Welch during which Mister Welch asked him, "Have you no sense of decency, sir?"

And that's my question to you and the rest of the radical left who are using those tactics today.

Sincerely,  
Corbin Luna

## Does Your Vote Count?

by Kathleen Baylog

"Democracy is not a spectator sport." Lotte E. Scharfman former League of Women Voters President of Massachusetts

The Anti-gerrymandering Movement Needs You! Gerrymandering is the process of manipulating district boundaries to give an unfair advantage to the governing political party over the opposing party. In so doing, gerrymandering predetermines the outcome of our elections and negates the voting power of the people. In Ohio, we have had our votes manipulated to give the best possible result to the governing party. Ohio would have one or two more Democratic representatives in Congress and an extra five Democrats in the Ohio House had our congressional districts not been gerrymandered. In another election cycle in which Democrats were in the majority, this situation could easily be reversed. Now is the time for action.

Fortunately, the League of Women Voters and Fair Congressional Districts for Ohio are working to repair this essential voting disparity. A petition drive with bipartisan support has the momentum to put a proposed constitutional amend-

ment on the November 2018 ballot to amend Article XI of the Ohio Constitution. The amendment calls for a shift in the responsibility of drawing districts to the bipartisan Ohio Redistricting Commission that was established by a majority (71.5 percent) of Ohio voters in 2015. Currently, the state legislature draws congressional districts, resulting in a strictly partisan exercise in commandeering votes to the majority party's advantage.

Consider this your call to action. Become a part of this historic grassroots movement that has already gathered more than 100,000 valid signatures to reshape Ohio's congressional districts. Help is needed to scour the county and beyond for the 305,591 valid signatures needed to put this issue on the ballot. The League will train you in signature-gathering and identify events at which you can find voters. You can do this as much or as little as you want; the only thing you can do wrong is to do nothing.

For more information, go to the League of Women Voters of Greater Cleveland website: <http://www.lwvgreatercleveland.org/>

# IMPRESSIONS

## PSO Concert 10/15 Featuring Combined Choirs

by Joe Germana

The Parma Symphony Orchestra will perform a concert on Sunday, October 15, 2017 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights.

Music Director Dr. Randolph P. Laycock presents: Schubert Mass in G featuring the combined choirs of Parma, Normandy, Valley Forge, Padua Franciscan High Schools and Cuyahoga Community College Choir. Also Jolly Robbers Overture by Suppe and Passacaglia in C minor by Bach/Stokowski

The orchestra, in its 48th season consists of 75 members of all walks of life from all over the entire Greater Cleveland area. They meet weekly for rehearsals and present at least four concerts annually.

General admission is \$10 for adults and \$5 for students and senior citizens. Family passes of \$20 are available for families of up to 2 adults and their children. All tickets are available at the door beginning at 2:30 PM.

The Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information can be found on Facebook, web-site [www.parmasympphony.org](http://www.parmasympphony.org) or calling Business Manager Joe Germana 440-882-2012.

Dr. Randolph P. Laycock conducted his first performance with the orchestra on November 19, 1978. He has also conducted the Baldwin Wallace University Junior and Senior



*Dr Randolph Laycock to direct PSO & combined Choirs of Parma, Valley Forge, Normandy & Padua High Schools and CCC-West*

Youth Orchestras since October of 1978. Recently retired after 35 years of full time duties teaching music in the Parma City Schools, he is an adjunct professor of music history at Cuyahoga Community College. Dr. Laycock earned a Ph.D. in Music Education from Case-Western Reserve University, Master of Music performance from Bowling Green State University, and Bachelor of Music Education degree from Baldwin Wallace University. Dr. Laycock has been included in six editions of Who's Who Among America's Teachers and is listed in the 53rd Edition of Who's Who in America. He has previously been an active consultant for the Ohio Department of Education as a Praxis III assessor.

## John Allender Returns

continued from page 11

and he won the coveted International Blues Competition (IBC) contest where he now lives in Fort Myers, Florida in 2015, and went on to represent South Florida in the main competition in Memphis. More and more doors opened for John and his amazing talent. Tragedy has a cruel way of striking artists just when they are doing so well. Sadly John was not spared this persistent curse.

In August of 2016 while he was crossing US 41 in Fort Myers, John was struck by a car going at least 50 mph. His injuries were incredibly severe. His neck was broken, back was broken, both arms broken, the left arm in three places, the right arm needed a severed nerve to be repaired, he lost both legs, had a head injury, and so many other injuries that I can't even list them all. He was in a coma for 6 weeks, and spent 5 months in the hospital before he was even able to begin therapy and undergo additional corrective surgeries. Let's face it- it is an absolute miracle that John lived through this nightmare.

What's even more amazing is the rapid recovery that John is experiencing, despite the unthinkable challenges he has faced.

With the good news of John's recovery comes the sobering fact that all of this costs a great deal of money. Medical bills aside, there are so many other financial challenges faced by someone like John as they struggle to live and return to normalcy after an earth shattering calamity such as this. The good people at Smedley's Bar and Grille, 17004 Lorain Ave in the beautiful Kamm's Corners neighborhood, are allowing their place to be used on Saturday, October 14 from 2 - 8 pm for the John Allender Benefit Road to Recovery hosted by Dirty Town Guitars and Amps. Make sure to drop what you're doing to come out that day and give John all the support that he needs and deserves. John will be in town for the event, the first time he's returned to Ohio since this terrible tragedy occurred. Let's all show our love on that day for a cherished artist and friend.

## "Read All About It"

by Lizabeth Braskie

Recently, I had the opportunity to enjoy a Musical Theater production revealing the efforts of newsboys in the early 1900's. It got me thinking about the newspaper industry and how attached we are to our daily delivery of information. And, how this enterprise influenced my growing up years.

In the late '40's, my older brother acquired a paper route for our Cleveland neighborhood. The thick Shopping News was to be delivered on Wednesdays and Saturdays because it showcased all the bargains the downtown stores were featuring. My brother hired me to help place the thick, folded newspaper in the spokes of everyone's front porch or balanced on their doorknob. It was tiring, but we soon got the hang of it. Our meager earnings enticed us to check out other weekly papers that we could deliver on our off days or weekends. Many local publications came out with news in different neighborhoods that would be of interest to those living there. We got a few weekly papers to distribute nearby. Our after-school time was busy.

When we were seasoned carriers, and with our parents' permission, we inquired about daily newspaper service. There was a need in our area and the pay was much better. We signed up to take the job as long as our friends took over some of our weekly responsibilities. Now, every morning before school, my brother would use his bike to deliver his lengthy route. This activity morphed into a summons for me to wake up and join him in order to get

done faster. It wasn't so bad but I could hardly toss the paper onto a customer's upstairs porch, being fearful of clogging their gutters with my wimpy delivery. It was a little easier to deliver the Sunday paper. Our parents would pile the huge bundles in the car and chauffeur us around the neighborhood to serve our patrons. That was the fun part. The tedious part came every Saturday when we had to collect payment from our customers. What made a difference in this agonizing task was the fact that many ladies were baking cookies at that time. Safety was not an issue in those days and knocking on doors produced not only successful payments but some tasty snacks as well.

We are fortunate the news industry evolved into what it is today. In our busy world, some folks may catch the news on radio, TV and even the internet. But nothing matches the leisurely page by page info along with a cup of coffee whenever the mood is right. A silent bonus is that newspapers are handy to re-read for special topics and saved for future reference. Looking back, the newsboys from years ago are to be admired for their steadfast persistence. Reporters, printers, other talents and carriers certainly do a great job and have made a difference in our lives. Thanks to this industry, when something happens and we have questions or we're just looking for answers, there is usually immediate satisfaction at our fingertips. All we have to do is read all about it.

## Fall Is In The Air In Parma Heights

### Election Day 2017

This fall, Election Day is Tuesday, November 7, 2017. To vote by mail: all registered voters will receive a Vote By Mail application from the Ohio Secretary of State, but you don't have to wait. Applications are available on the Cuyahoga County Board of Elections website -- [www.443VOTE.com](http://www.443VOTE.com). Or you can call 216.443.VOTE (8683).

If you are interested in serving as a poll worker, please call the same 216.443.VOTE (8683) number or go to [www.443.VOTE.com](http://www.443.VOTE.com)

Your vote matters.

### Spring and Summer 2018 Sports Program Sign-Ups

Please watch the city website -[www.parmaheightsoh.gov](http://www.parmaheightsoh.gov) - for sign-up information for spring and summer 2018 sports programs. Information will be posted beginning in January 2018.

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Mayor Michael P. Byrne

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**SEVEN HILLS**

**Mayor Dell'Aquila Asks You To Vote For These Council Candidates**

|   |   |
|---|---|
| <b>Ward 2</b><br><b>Bob Wrobel</b>      | <b>At Large</b><br><b>Pat Elliott</b>   |
| <b>Ward 3</b><br><b>Tom Snitzky</b>     | <b>At Large</b><br><b>Stacey Kelly</b>  |
| <b>Ward 4</b><br><b>Randy Greenwald</b> | <b>At Large</b><br><b>Leslie Stager</b> |

*"Best Wishes to the Parma Observer!"*

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